

in-home **What to Consider When Choosing...** In-Home Care

Studies have shown older adults maintain a higher quality of life when living in their own homes. But finding the right resources to help preserve your loved one's safety and security can be tricky.

In-home care providers can provide just the right level of support to empower your loved one to lead an independent and fulfilling life. Services range from around-the-clock nursing care to a visit for a few hours a day or week to help with things like bathing, grooming and medication; laundry and light housekeeping; and grocery shopping, meal preparation and running errands.

Once you've decided help is needed, be sure to:

Share with your loved ones any concerns you have about their health and safety.

Knowing you're concerned may be all the motivation they need to allow help into their home. If they need more encouragement, try including people they trust in the conversation, such as other relatives, close friends or clergy.

Choose an experienced in-home care provider. Look for one that is licensed, uses only credentialed aides, provides ongoing staff training and is regularly evaluated by a third-party quality assurance organization, such as Home Care Pulse. You should be able to reach the provider 24 hours a day, seven days a week.

Work with your loved one and in-home care provider to complete an in-depth assessment of your loved one's needs and develop a personalized care plan that is both supportive and empowering. This will help you identify exactly what services are needed, rather than purchasing a "one-size-fits-all" package. Review this plan periodically with the provider to make sure changing needs continue to be met.

Be patient. Finding the right match between your loved one and a caregiver can take time. While it is important to maintain continuity, a quality provider will listen to your concerns and work with you to find an aide with whom your loved one feels comfortable.

Relax. Choosing a high-quality, professional in-home care provider means that your loved one is being well cared for in the environment in which he or she feels most safe and at ease – home.

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